



American Red Cross

Red Cross Lifeguarding Certification for the CITY OF WARWICK

Class Dates: August 2nd, 4th, 6th

Class Times: 2:00-6:00pm.

Location: McDermott Pool

Cost: \$50 contingent on City of Warwick employment

- Includes CPR Mask, Whistle & Fanny Pack

Course Description: Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over.

*** Prerequisites: Minimum age: 16 years; Swim 300 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed event within 1 minute, 40 seconds by starting in the water, swimming 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point, exit the water without using steps or a ladder. Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years.

Prerequisite Swim must be completed prior to the course week of July 26 - August 1st Contact Greg Hindle @ greg.hindle@warwickri.com or 4019219627 to set up an appointment.